



The benefits of burn camps for burns survivors: A systematic review of the literature



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01 INTRODUCTION

Child and adolescent burn survivors benefit from skills to cope with the physical and mental challenges associated with their injuries. Burn camps can offer an opportunity to build these skills. The intention of these camps is to provide an environment for burns survivors to meet with their peers,¹ develop self-confidence and independence, gain a sense of identity, grow new friendships and improve their support networks.²

02 AIM

To review the best available evidence on burn camps in order to better assess their impact on burn survivors and the applicability of this model to achieve positive outcomes for those with a burn injury.³

03 METHODS

A systematic review was conducted as per the Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) guidelines. Original primary studies published in peer reviewed journals in English that focused on the psychosocial impact of recreational therapeutic camps for burn survivors were included. PubMed, PsycINFO, CINAHL and Scopus databases were searched using MeSH and indexed terms. 738 articles were retrieved of which 11 met the inclusion criteria (See Figure 1).

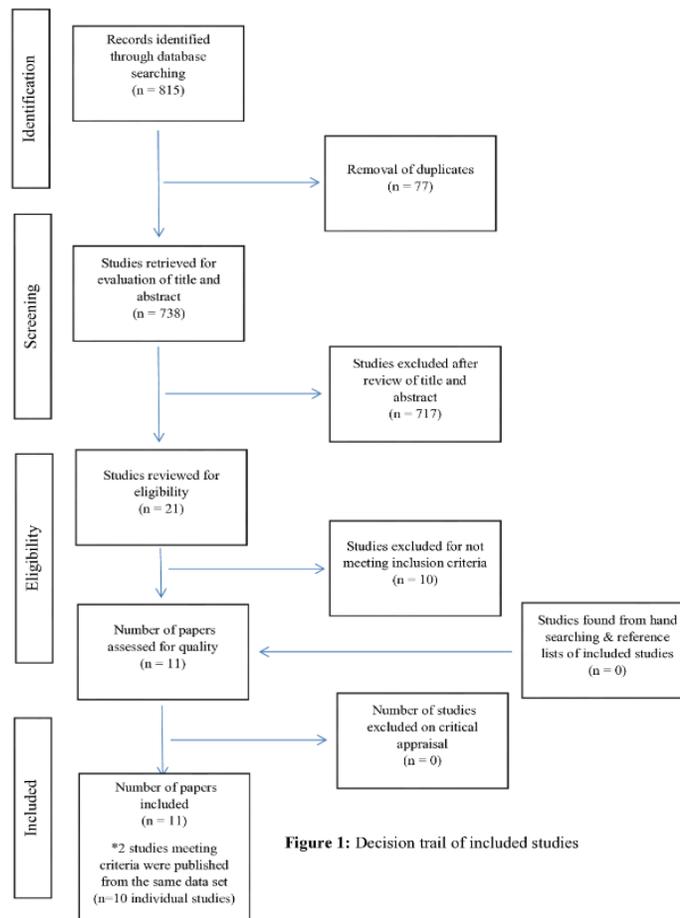


Figure 1: Decision trail of included studies

04 RESULTS

The study showed that the quantitative data did not support any sustained impact on psychosocial well being of participants from attending burn camps. However, qualitative data indicated that children identified benefits, including a sense of belonging and companionship.

Reported psychosocial benefits included improved confidence, social and coping skills and reduced feelings of isolation. In particular, an improved appearance and body image was reported. The burn camp environment provided a sense of belonging, acceptance, companionship and social interactions resulting in enhanced social skills

05 CONCLUSION

Qualitative studies found that the camps have therapeutic benefits in terms of psychosocial rehabilitation among the child and adolescent burn survivors. Although, there is no solid evidence of such improvements from the quantitative literature.

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